





2 - Lunch and Learn

6 - Special tree

#### **Brief Notes**

Phase One of the Main Base road pavement replacement project is in progress.

Paving work this week is being performed on Oregon Drive, from McDonalds to the corner by Galaxies. This construction area is reduced to one lane traffic from 8 a.m. to 4 p.m. each working day.

Next week, South Carolina Avenue between the Post Office and the NEX Uniform Shop will be under construction.

We remind you to please be attentive to the directions given by the flagmen and follow safe driving practices when driving through areas under construction.

Your patience throughout this construction work is appreciated.

For further information regarding this paving work, contact ROICC at 252-3469.

Stay tuned for weekly updates on which roads are under construction.

The Fleet & Family Support Center is offering a **Babysitter's Certification Class** Tuesday, Dec. 28 from 10 a.m. untill 3 p.m. at the FFSC for children 12 years old and older. **This class is required if you wish to babysit for others or you own siblings.** Participants must pre-register. Class size limited to 20

pre-register. Class size limited to 20 students. Call 252-3108/3604 for more information.

#### **Daito Jusco Flea Market**

Dec. 14 Daito Jusco, Rt. 35, 10 a.m.

#### **USO Notes:**

USO Christmas Party at the Harbor View Club Dec 18 at 6 p.m. Tickets are available at Fleet Landing or Nimitz Park for \$25.

We are looking for a volunteer coordinator for our English outreach to Gion Elementary School. This is a rewarding volunteer opportunity and way to give back to our host community. Contact DJ Stanhope at 090-3012-5867 for more details.

Oriental Deco and Michelle Jewelry sale at Kiku Tower Dec. 10-12.

#### Weather

Sunday Mostly sunny H 61° L 41° Monday Mostly sunny H 59° L 40°

**DUI Counter:** 34 days as of Dec. 11

# Sasebo community, CFAS celebrate holidays with Christmas in the Park

Jeff Johnstone

CFAS Public Affairs

The Sasebo community ushered in the holiday season with Christmas in the Park, a free Christmas festival open to the community Friday, Dec. 3 at Nimitz

The festival, offering fun and games for families and something for everyone, takes on a different theme each year.

"This year's theme was Christmas around the World," said Walter Berkenhire, outdoor recreation manager. "The festival provides entertainment in a safe environment for our guests."

The event featured a number of exciting attractions, including games, arts and crafts and some giant inflatable play areas, provided by Morale, Welfare and Recreation (MWR), for children.

The games were geared towards children including darts, tic-tac-toe and ring toss. Children could redeem prizes for tickets after winning.

A rock climbing wall was a big hit with the children, as kids as young as two-years-old scaled the structure.

Food was provided by Galaxies and the Harbor View Club.

"Everything here is fun," said Jodi Harris, as she watched her daughter Helena playing inside an inflatable house. "We're going back and forth and trying everything," she added.

"I'm having fun, and I want to try the rock-climbing wall," said nine year-old Sam Baker, as he toted a large bag of toys he won from a raffle.

Tents were set up throughout the park, with everything on sale from Japanese toys to Christmas clips that light up to Spiderman candy.

Live entertainment was on the menu as well.

There were cheerleaders from all three area schools (E.J. King, Darby and Sasebo Elementary) performing and American Forces Network (AFN) set up a live broadcast.

Members of Boy Scout Troop 76 were on hand as well, demonstrating their outdoorsman skills.

"We're building the bonfire in the middle



Young children accept candy canes from Frosty the Snowman at Nimitz Park Dec. 3. MWR provided many of the atttractions for the event. (Official U.S. Navy Photo by JOSN Jeff Johnstone)



A two-year-old scales the rock climbing wall at the annual Christmas in the Park Friday, Dec. 3 at Nimitz Park. The event featured fun and games for children of all ages. (Official U.S. Navy Photo by JOSN Jeff Johnstone)

of the field," said Blaine Morin, a Scout on hand for the festivities. "It's going to be a cool effect."

The star of the show, Santa Claus himself, made a trip all the way from the North Pole to visit the Sasebo community.

He arrived as part of a parade on a Commander, Naval Forces Japan (CNFJ) fire truck.

As the parade arrived at Nimitz, onlookers were showered with candy. "Kids can take photos with him and talk to him about their wish lists," said Wayne Newnam.

"We're having a wonderful time," said Elizabeth Baker, Navy College counselor. "This is the closest thing to the North Pole that we've seen yet."

### DFAS announces release schedule for tax statements

DFAS Public Affairs

The Defense Finance and Accounting Service (DFAS) has compiled a schedule of dates when service members, military retirees and annuitants, and defense civilian employees can access their tax statements through myPay and when they can anticipate to receive the hardcopy delivery by mail.

Military members, retirees/ annuitants and Department of Defense civilian employees will once again have access to view, save and print their tax statements from myPay at <a href="https://mypay.dfas.mil">https://mypay.dfas.mil</a>>

DFAS delivers personal pay information and provides the ability to process pay-related transactions in a timely, safe and secure manner for

all its members through myPay. The Webbased system eliminates the risks associated with postal delivery by allowing members to access electronic tax statements and other financial information online. MyPay matches existing industry standards for the highest level of encryption and security. This prevents customer information from being accessed by others on the Internet.

Tax statements will be available as follows:

#### myPay access

Retired Annual Statement - Dec. 4, 2004 Retired 1099R - Dec. 13, 2004 Annuitant Annual Statements — Dec. 13, 2004

Annuitant 1099R - Dec. 14, 2004 Air Force, Army, & Navy Reserve W2s -Dec. 27, 2004 Civilian W2s - Jan. 6, 2005

Marine Corps Active & Reserve W2s - Jan. 10, 2005

Air Force, Army, & Navy Active W2 - Jan. 14, 2005

#### Mail Dates

18-24, 2005

Retired Annual Statement - Dec. 17-29, 2004

Retired 1099R - Dec. 17-29, 2004 Annuitant Annual Statements - Dec. 28-29, 2004

Annuitant 1099R - Dec. 27-29, 2004 Air Force, Army, & Navy Reserve W2s -Jan. 4-5, 2005

Civilian W2s - Jan. 10-14, 2005

Marine Corps Active & Reserve W2s - Jan. 18, 2005 Air Force, Army, & Navy Active W2 - Jan.

Please see Statements...pg. 2

## Brown Bag Budget Lunch & Learn served up by NMCRS

#### JO1(SW) Ron Inman

CFAS Public Affaris

Sasebo's Navy and Marine Corps Relief Society (NMCRS) office held an innaugural Brown Bag Budget Lunch & Learn class at the Community and Education Center's Fellowship Hall Dec. 8

Free lunches, courtesy of Navy Federal Credit Union, were provided for class attendees.

According to Jessica Grant, NMCRS Sasebo manager, there's more to the class than just the free lunch.

"It's to get people to think about their finances, especially at this time of the

year," Grant said. "Many people are surprised by large post-holiday bills, so we want to empower them to understand their finances and avoid any surprises."

The class included topics such as how to read a Leave and Earnings Statement (LES) and understand it, how to prepare a budget and how to manage and reduce debt.

"LESs can be difficult," Grant said.
"I've had seasoned Sailors and Marines coming into my office scratching their heads."

Once students understood how to read their LESs and determine how much money they were earning and how much was taken out in taxes, allotments and other deductions, the class moved on to budgeting. "It's not the big things that affect your budget," said Grant, "it's the nickel and dime things it's all about making choices."

Grant said classes which go more in depth on financial topics may be offered. For more information, call NMCRS at 252-3366.



The NMCRS Sasebo Manager, (right) answers questions at Brown Bag Budget Lunch & Learn, held Dec. 8. (Released by CFAS Public Affairs)

Statements...from pg. 1

#### Statements by mail only

Special Compensation for Severely Disabled 1099Rs - Dec. 17, 2004 VSI/SSB W2s - Jan. 4-5, 2005 Travel W2s - Jan. 10-11, 2005 Savings Deposit 1099INTs - Jan. 10-11, 2005

"During the months of January, February and March 2004, an average of 1.4 million myPay users viewed their tax statements each month, and we continue to encourage users to view and print their statements on line," said Jim Pitt, director

of Electronic Commerce, DFAS Military and Civilian Pay Services.

"Earlier access to W-2s and other tax statements is another way myPay gives users control of their pay information."

"Check now to make sure you have an active MyPay account," said Lt. Mary G.

Thompson, Navy Legal Service Office (NLSO) Branch Office, Sasebo. "Otherwise, there could be a significant delay in getting your W-2s. The Tax Center will open on Jan . 31. Call NLSO Sasebo at 252-3347 with questions or if you wish to volunteer."

#### CAPT. MICHAEL L. JAMES

COMMANDER
FLEET ACTIVITIES SASEBO
252-3444

#### CMDR. BERNARD P. WANG

CHIEF STAFF OFFICER
FLEET ACTIVITIES SASEBO
252-3444

#### CHARLES T. HOWARD

CFAS PUBLIC AFFAIRS OFFICER 252-3029 charles.t.howard@sasebo.navv.mil

#### JO1(SW) Ron Inman

Editor, Sasebo Soundings 252-3485 ronald.inman@sasebo.navy.mil

#### JOSN JEFF JOHNSTONE

STAFF WRITER/EDITORIAL ASSISTANT 252-3409

#### LARA DEGUZMAN

STAFF WRITER

CTF 76 PUBLIC AFFAIRS
LT. ED SISK
JO2 JAMES KIMBER
252-2810

FLEET IMAGING
PH3 IAN W. ANDERSON
PH3(AW) YESENIA ROSAS
PHAN MARVIN E. THOMPSON, JR.
252-3559

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Deadline for regular submission is Tuesday at Noon. For more information, call 252-3409 or 252-3485. Address all correspondence to:

Sasebo Soundings PSC 476 Box 93 FPO AP 96322-1100

## Safety Corner: Some cooking tips for the holidays

#### **Charles Carr**

CFAS Safety Dept.

One of the inevitable tasks during the holidays is cooking. There is nothing like preparing for that big feast. However, many of our traditions, such as leaving food out for hours to snack on, may pose a risk. The CFAS Safety office reminds all:

For Safe Holiday Food: **Thawing a Frozen Turkey** - Don't thaw on the kitchen counter. Thaw in the microwave or refrigerator. **Snacking** - Snacking off the turkey is fine, but don't leave it out more than 2 hours. **Leftovers** - To speed cooling, debone the turkey and refrigerate it in small, shallow containers. **Cooking** - Don't cook turkeys overnight at low temperatures. Cook at 325°F. Cooking at

low temperatures can actually help bacteria grow. **Desserts** - Cook custard to 160°F and refrigerate pies made with eggs. **Eggnog** - Don't use a raw egg recipe. Use commercially prepared, pasteurized eggnog or make your own with cooked custard base.

#### In the Kitchen Tips

**Turn** handles inward so pots and pans won't be pulled or knocked off the stove. **Wear** short or tight fitting sleeves when cooking. Try not to reach over the stove. **Keep** young children away from appliances when cooking. Enforce a "kidfree zone" around the stove and teach youngsters not to play in that area.

**Install** a fire extinguisher in the kitchen. Make sure it is easily accessible in the event of a grease fire or oven fire. When purchasing a fire extinguisher for kitchen

use, make sure the extinguisher is rated for Class ABC.

**Monitor** hot oil carefully and heat it slowly, keeping the pan lid close at hand. Guard against splattering grease.

If a fire is confined to a pan on top of the stove, slide the lid across the pan and leave it there. Do not attempt to move the pan outdoors because you may burn yourself or spread the fire.

**Never** throw water or flour on a burning pan. Water will spread the flames and flour will actually explode!

Do not turn on the exhaust fan on over the stove if a fire should start. This could suck the fire inside the walls of your home. If the fire is in your oven, turn off the heat and leave the door closed to cut off the fire's air supply.

## CFAS Religious Ministries Department 2004 Holiday Schedule of Special Events

In addition to regularly scheduled programs and worship services, the following special events have been set for the 2004 Christmas/New Year Holiday period:

#### Saturday, Dec. 11

Seibo No Kishi Children's Home Christmas Party 12 p.m., Hario Village Chapel

#### Sunday, Dec. 12

Festival of 9 Lessons Christmas Service Joint Roman Catholic & Protestant Service 5 p.m., Community Chapel

#### Saturday, Dec. 18

Omura Kodomo Children's Home Christmas Party 12 p.m., Community Chapel

#### Wednesday, Dec. 22

Christmas Caroling at Main Base 6:30 p.m., Community Chapel

#### Friday, Dec. 24

Christmas Eve Service featuring Seiwa High School Choir 7 p.m., Community Chapel

Christmas Eve Day Mass 10 p.m., Community Chapel

#### Saturday, Dec. 25

Christmas Day Mass 9 a.m., Community Chapel

#### Friday, Dec. 31

New Year's Eve Fellowship & Service 10 p.m., Community Chapel

#### Saturday, Jan. 1

9 a.m., Community Chapel; 5 p.m., Hario Village Chapel



## Command Spotlight: FFSC Sasebo

JO1(SW) Ron Inman

CFAS Public Affairs

The primary purpose of Fleet Activities Sasebo's (CFAS) Fleet and Family Support Center (FFSC) is to facilitate overall self-sufficiency and personal, family and community wellness in a remote overseas environment, and to support commands in achieving optimal operational readiness.

According to FFSC's mission statement, "FFSC staff members are customer service professionals, dedicated to the constant growth and improvement of each of our program areas. Courage, Honor and Commitment will be our guiding principals in all that we do, as we strive to fulfill our role in ensuring optimal operational readiness of our forward-deployed fleet units, tenant commands and other community members."

Specific FFSC programs and services include: information and referral, relocation, transition, financial management and spouse employee assistance, education and training, counseling, crisis intervention and personal and family wellness programs for all supported individuals.

A key responsibility of Sasebo's FFSC is assisting in the acclimation of new arrivals to their tour of duty in Japan, through provision of an Interculteral Relations workshop and related cultural adaptation services.

FFSC Sasebo has a staff of licensed and certified clinical counselors providing individual, marriage, family and group counseling. The staff also offers both stress and anger management workshops, couples' communications classes and support groups for divorce/separation and cross-cultural relationships. Counseling personnel also provide shipboard and shorebound Return and Reunion training, pre-deployment briefings, and various other deployment cycle workshops in support of deploying units. All counseling services are conducted with the utmost confidentiality, in keeping with regulatory limitations, which will be outlined prior to commencing any counseling.

According to Elaine Horrell, FFSC Sasebo's chief of clinical services, the office has three primary methods of assisting customers - contacts, classes and cases.

Contacts are just that - contact with the customer, at which time brief, solution-focused information or referrals to FFSC Sasebo professionals are provided.

Classes on a variety of topics, varying in length from one hour to five days, are provided and can be based on standard curriculum or created for specific needs that arise.

Cases, or counseling for mental health, relocation, transition or other topics is also available.

"We're really fortunate to have a good working relationship with CFAS commands and ships," Horrell

"FFSC has had a solid track record for 25 years," Horrell continued. "In the dozen years that I've worked with FFSC, they've always been a group of hard-working professionals. Our goal is that everyone knows what our services are and can take advantage of them."

The following information is provided by FFSC Sasebo to assist parents in helping their children cope with the challenges of a deployment. For more information, contact the FFSC at 252-3604.



- Remember that you are the "expert" on your child. You know what is normal behavior for her/ him and will be the best one to notice when things are out of sync.
- Reassure your children often that they are loved by those at home and by their deployed parent. Give lots of hugs.
- As appropriate, be honest with your children. Trying to hide things from them will only lead them to imagine the situation is much worse than it really is.
- Understand your child's level of development. Know what is normal behavior for your child's age. Be aware of changes and seek assistance
- . Listen to your children and help to clear up any misunderstandings they may have (Mom/Dad does get to eat and sleep even though their bed/ refrigerator is at home!). Be with your child when watching/reading news so you can answer questions. In times of crisis, limit their exposure to media so that it does not increase their

Deployments are a fact of life for military families. Children will all react to the separation in different ways. Following are some tips to assist parents.

- Expect regression, changes, and stress due to
- Talk about your child's feelings and allow him or her to do the same. Accept those feelings even though they may be very different from your own.
- Encourage your children to talk. Let them share options, suggestions, and solutions for problems. Encourage them to express anger verbally, not physically.
- Provide additional adult relationships for your children, which may include grandparents, neighbors, friends, teachers, religious leaders, coaches, scout leaders, etc.
- Inform your child's teachers/guidance counselors about the deployment so they are better able to provide assistance to the child if necessary. Ask if there is a deployment support group available in the school. FFSC staff can help start one if requested.
- Remember, a picture is worth a thousand words. Children learn their coping skills from those around them. How well you cope with the deployment will have a significant influence on how your children will react.
- Take care of yourself. You need to eat well, get sufficient rest and exercise, and spend time doing things you enjoy. If you don't take care of yourself, you won't be able to care for your children.

#### **Profile:**



Indoctrination Class Instructor

Hometown...Sasebo, Japan

#### What is your favorite thing about Sasebo?

The beautiful nature (especially the 99 Islands) and small but tasty oysters

#### What hobbies do you have?

Drawing cartoons and watching Japanese movies dubbed in English

#### Who do you consider to be your role model?

My parents and Mr. Akashi (former ambassador to the United Nations)

#### What are your personal goals?

I would like to work for the United Nations someday

#### What motivates you?

Laughter

#### What is the one thing you can't stand?

I can't stand when no one laughs at my best joke

#### What do people not know about you?

I can't ride a bicycle, but I can swim very well

#### What is your most embarassing moment?

When I 'cut cheese' during a test in a quiet classroom

#### What is your favorite movie?

Do I have to pick just one? It could be 'The Last Samurai', 'Shrek' or 'Shrek 2

#### If you could have dinner with three people, living or dead, who would they be?

Prince Shotoku (ancient politician, very wise like Yoda), Abe-no-Seimei (Onmyoji, a famous astrologer and sorcerer), and Donkey (well, he is not a person, though) from 'Shrek'

#### If you could bring one thing with you on a deserted island, what would it be?

A notepad. I can jot down new jokes that I can think of, but water may be the best answer

# USS Juneau holds change-of-command in Oman

**Ens. Jesus Rodriguez** 

USS Juneau Public Affairs

After nineteen successful months, Capt. Kevin E O'Flaherty was relieved as commanding officer of USS Juneau (LPD 10) by Capt. Ron Horton Dec. 1 during a change-of-ceremony in Muscat, Oman.

Horton, an officer with 22 years experience comes from USS Abraham Lincoln (CVN 72), where he served as executive officer and, as luck would have it, a job where he also relieved O'Flaherty. Accidentally or coincidently, they met again under similar circumstances.

At the ceremony O'Flaherty, who took command of Juneau in May 2003, spoke to the crew about their accomplishments during his tour as commanding officer.

"It seemed just like yesterday when I was given the privilege of command back in May, in which I talked about a couple of goals," he said.

"One goal was to build a sense of ownership for every single Sailor on this ship. This is your ship, your department, your spaces, your equipment and it's your responsibility: to take positive action at all levels of the chain of command, and to identify and repair literally everything you own.

The greatly improved condition of the ship was evident during the Board of Inspection Survey (INSURV) back in December 2003 and is still on an upward trend today. The American public entrusted this great warship to your care and you have made them truly proud of your efforts. Another goal is professional excellence and personal growth. I found deck leaders in every department. There are deckplate leaders all over the ship!'

In the ceremony, O'Flaherty recognized two junior deck plate leaders; to their surprise, they were promoted on the spot via the Command Advancement Program: Seaman Daniel Wauters was promoted to Boatwain's Mate Third Class and Machinist's Mate Third Class Joseph Doolittle was promoted to Machinist's Mate Second Class.

O'Flaherty closed with a message of thanks to every



The new USS Juneau (LPD 10) commanding officer addresses Juneau Sailors during a change-of-command ceremony Wednesday, Dec. 1 in Muscat, Oman. (Photo released by CFAS Public Affairs)

Sailor serving under his command.

"I am truly proud of your dedication and what you have done in this mature warship. The challenges you have faced and overcome the actual operations you have accomplished, are all truly remarkable. What you continue to do on Juneau everyday in this Global War on Terrorism is vitally important for the future success of our nation, whether you realize it or not you are the front line of this war, what you do really matters."

"It's over way too soon."

O'Flaherty's next assignment will be Joint Forces Staff College in Norfolk, Va.

Juneau's newest commanding officer, Horton followed as he remarked:

"It's great to be here and a great day to be an American.

Horton expressed to all Sailors that although they've had many successes and many trials over the past year, they should remember that all successes are fleeting and there will be more trials.

"Successes in the past don't mean anything if you don't get better and trials will only repeat themselves if we fail to act and learn from our mistakes."

"I want you to remember that it is the small things that separate the good ships from the great ships. Today I am going to ask you to raise the bar for the future. Today I want you to take this great warship to the next level of excellence."

"It will not be easy but I tell you, we are going to have a lot of fun doing it. I am confident that you will set that high bar, and I am also confident that you are more than ready for the next level."

"We are not an old ship, rather we are a seasoned and experienced warship that is and will remain ready for any challenge and for any foe that decides to cross our bow, and with that, Juneau take in all lines and full speed ahead."

## Financial stability important aspect to all Sailors

FLTCM (AW/SW) Jon Thompson

Atlantic Fleet Master Chief Petty Officer

If I gave you \$5 as a gift, how would you spend it? Let's say I gave you \$40 - would you still spend it or would you save it?

If \$40 was added to your paycheck every payday, then what would you do with that extra money?

I hope you've given this some serious thought because starting Jan. 1every Sailor, regardless of rank, will see their pay increase 3.5%. For a lot of you, that works out to roughly \$20-\$40 each payday. That's right, an extra \$20-\$40 every other week.

So what's that extra money worth to you? By itself, it may not seem like much. Some of you may see it as "extra money," something you don't mind frittering away. But add it up every payday and the amount isn't so small. Over the course of a year that "little extra" can turn into \$450 - \$950. What's that 3.5% pay raise worth to you now?

Normally, a Sailor's income goes up and their spending increases by the same amount. Before they know it, spending eats away at that pay raise, and soon they're living paycheck to paycheck again.

How much did you earn last payday? I'm sure most of you can recall the exact amount. But can you honestly say you know how much of that money was budgeted correctly? Better yet, do you know how much is left to spend before the next pay period? Most of you probably have no idea. Because you don't know, you may be spending upwards of

10% more than you make each month...which is close to the national average. Do you do this? Do you spend more than you make?

Shipmates, here's an excellent opportunity to break the "earn and spend" cycle. Start letting your money work for you instead of against you. I have

couple recommendations about how to use your pay raise to your financial advantage:

First, hide the raise! You're already used to living on a certain amount - keep it that

Years ago my wife and I decided that I "allowance" — money that I draw every two weeks for me to put in my pocket. Now, five years later, I still get the allowance

amount. Every pay increase I've received since then was used for one of three things—saving money, earning money, or paying off debt (more about this last one later). Because that extra money was never part of my spendable income, I never missed it. I doubt you will either.

Second, create or balance your budget. Some people mistakenly believe that because their bills are paid on time they have a budget. This isn't a budget shipmates. It's a recipe for living paycheck

to paycheck. A real budget shows how much is spent for essentials each month, tracks how much debt is owed, and what funds are available for emergencies. A good budget also allots money toward savings and investments. If your budget is lacking any of these necessary items, ask for assistance. Your command's

> Fleet and Family Support Center or your local bank or credit union can help you get started. Third, start paying

financial specialist, the

down your debt. After you've created a budget, you should be able to determine how much can be applied to basis. If you're using charge accounts instead of cash, stop now. By continuing to use charge accounts, you're

contributing to your debt problem. Use your pay raise to pay off the charge accounts with highest interest rates first. Don't try to "spread" the extra money to several bills at the same time; apply the amount to one bill until it is paid off, then use the extra money toward the next highest interest account, and so on.

Fourth, start a nest egg. Retirement, children's college fund, individual savings account - each are important for fiscal fitness. There are numerous investment plans that can help you plan for your future. Do a little research and choose a plan that's right for you. The Thrift Savings Plan (TSP) is a very good option worth looking into.

Finally, if you claim zero on your W-4 form, change your withholdings status. If you are single, you should claim one. If you are married and/or have children, you may want to claim two or even three. If you claim zero on your withholdings, in essence you're giving the government an interest-free loan on your money for a full year. Did you know that if your refund was \$1000, you could have increased your take-home pay by more than \$80 a month? If a 25 year-old put that \$80 in a low-risk investment or savings account earning a conservative figure, say 6.9%, by age 63 that individual would have earned well over \$150,000 (before taxes) When it comes to federal taxes, don't withhold more than necessary. Your goal shouldn't be to get a tax refund; it should be to break even.

Shipmates, your financial health is just as important as your physical and mental well-being. Neglect the first and I would argue that the other two are bound to suffer; that's a tip you can take to the

For more information on financial planning, contact the Personal Financial Management Specialist at Sasebo's Fleet and Family Support Center at 252-



**Atlantic Fleet Master Chief** 





#### **Paws & Claws Hours of Operation**

The Paws & Claws animal holding facility, located in building 328, is open Monday through Friday from 10 a.m. to 5 p.m. and Saturday and Sunday from 10 a.m. to 4 p.m. For more information about the services available at the Paws & Claws facility, call 252-2905.

#### **Calorie Burner Clinic at Hario**

People tend to take in more calories during the holiday season and it's always a struggle to burn them off. The folks at the Hario Fitness Center can show you how to increase the calories you burn daily through cardiovascular training and weightlifting. They're hosting a free Calorie Burner Clinic on Tuesday, Dec. 14 at 6 p.m. Lose some of the excess weight you put on over the holidays and get back into shape. You can do it! For more information, call 252-8960.

#### **Live Comedy at Galaxies**

Comedians Scott White and Mike Merryfield are set to perform live on stage on Tuesday, Dec. 14. The free show is scheduled to begin at 8 p.m. Not recommended for children. Remember, the MWR Designated Driver Program is available for all interested individuals. Simply ask any bartender or a Galaxies employee for details about the program when you arrive. For more information, call 252-2980.

#### **Free Christmas Craft Class for Kids**

Youngsters ages 7-11 are encouraged to visit the Main Base Library on Wednesday, Dec. 15 from 3-4 p.m. for free Christmas craft tips with the emphasis on creating beautiful origami Christmas cards. The holiday program is co-sponsored by the Sasebo MWR Department and the Fleet & Family Support Center. For more information, call 252-3593.

#### **Christmas Shopping Without The Kids**

The Child Development Centers at Main Base and Hario will be happy to watch your children for you at no cost on Friday, Dec. 17 from 6 to 10 p.m. so you can do some 'secret' Christmas shopping. Make your reservations now with the Child Development Center of your choice as space is limited. Registration deadline is Wednesday, Dec. 15, but please do not wait until the last minute. To register for Hario care, call 252-8842. For Main Base care, call 252-2985.

#### **No Tap Special Bowling Tournament**

The Spare Time Recreation Center will host another no tap special bowling tournament (18 years or older), on Friday, Dec. 17 starting at 6:30 p.m. The entry fee is \$15 (includes door prizes and giveaways). The tournament will consist of four games of bowling. Highest total pinfall determines the winner and the total number of participants determines the prize money. For more information, call 252-3634.

#### Yanagawa Boat Ride & Ohana Garden

The Yanagawa Boat Ride and Ohana Garden tour, scheduled for Saturday, Dec. 18, is a great opportunity for you and your family and friends to experience Japan up close and personal. The cost (including transportation and all fees), is \$25 for adults, \$16 for children 6 to 15 and \$8 for youngsters 5 and under. The bus will depart the Harbor View Club at 7:45 a.m. and will be back on base at 7:30 p.m. Bring extra yen, dress for comfort and don't forget your camera. For more information, call 252-3433.

#### **Space World Amusement Park Trip**

Sign up today for a trip to the Space World Amusement Park in Kitakyushu City, Fukuoka on Saturday, Dec. 24. Space World is a great theme park totally focused on space. They have a wide variety of exciting rides for you to enjoy, from roller coasters to running the rapids, plus a great area for the little ones called 'Lucky Land' with costumed characters from Space World waiting to greet them. The cost (including transportation and a one-day pass) is only \$30 for adults, \$20 for children 4-11 and \$5 for youngsters 3 and under. For more information, call 252-3433.

#### Schedule for December 10-19 2 p.m. (PG) The SpongeBob 2 p.m. (PG) Shark Tale 5 p.m. (PG) The Incredibles Surviving National SquarePants Movie 8:30 p.m. (to Team America 7:30 p.m. gra-13 5:30 p.m. exa 7:30 p.m. @G-13 8:30 p.m. (PG-13) Friday Night urviving Christma World Police World Police The Forgotten 8:30 p.m. (PG-17) 9:30 p.m. (to The Grudge World Police DECEMBER 11 ECEMBER 1 6:30 p.m. @0 2 p.m. (ro) 6:30 p.m. (PG-13) National Treasure 6:30 p.m. (ro-13) The SpongeBob NO MOVIES NO MOVIES NO MOVIES The SpongeBob SCHEDULED SCHEDULED SquarePants SquarePants Movie SCHEDULED Christmas Movie Friday Night Light The Forgotten Team America: Raise Your Voice World Police Team America: 9 p.m. (PG-13) World Police HE INCREDIBLES (PG) TEAM AMERICA: WORLD POLICE (R) Starring Trey Parker, Matt Stone, Kristen Miller, Massas and Deran Norris Team America is a group of superhero-style adventurers who travel A dysfunctional family of undercover super heroes (struggling to live a quiet suburban life) are forced into action to save the world. the world fighting terrorism and other evils. The story focuses on a typical "action hero" who is recruited to join Team America for a special mission as a satire of the typical Hollywood action movie, THE GRUDGE (PG-13) Starring: Sarah Michelle Gellar, Jas Behr, Clea DuVall, Bill Pullman using a combination of wood marionette-driven action sequences and stirring tongue-in-cheek musical numbers. A womanizing British playboy in New York City finds that there are serious consequences to his carefree lifestyle. and Kadee Strickland The Grudge is the curse of one who HE SPONGEBOB SQUAREPANTS MOVIE (PG) dies in the grip of a powerful rage. and Jewiter Michigano A nich record executive, stuck with spending Christmas alone, decides to return to the one place where he was once happiest-his childhood home. He asks the family that lives there now to take him in for their holiday celebrations. He discovers that his new "family" is even more psychopathic than his real kin. nceBob SquarePants is an optimistic, free-spirited sponge that Those who encounter this murderous was born in a queter arian is an opposition so, reseapines syring of in the storm in a rectangular shape-much like a kitchen sponge. Livil at the bottom of the sea in a pineapple in the community of Bibris Sottom. Spongesbo works as a fly cock at the Krusty Krab dishinal where his friends include Squidward the squid and Patrick the supernatural curse die and a new one is born, passed from victim to victim in an endless growing chain of horror.

## Betcha didn't know about: The brick wall piece

#### **Phil Eakins**

Base Historian

Helping the local community with special projects is a great way to return the kindness and generosity our hosts have shown us as we live and learn the culture in Sasebo. I had the opportunity to do just that last month and as an added bonus, I was able to bring back an artifact for display to share with all of you.

The Sasebo Red Brick Society was looking for volunteers to help them clean up old bricks to be recycled into park benches and tables for the community. These bricks were salvaged from an approximately 80-year-old warehouse formerly located at the Japan Maritime Self Defense Force's Kurashima base that was demolished to make way for the new expressway.

I thought it would be neat to obtain some of these bricks to display among the other Imperial navy items I have been able to collect. Not wanting to capitalize on all the fun, I asked my good friend and co-worker, Dave Mizukami, if he'd mind spending most of a Saturday with me cleaning bricks. Now, I'm sure cleaning bricks isn't anywhere near the top of Dave's fun list, but he was nice enough to agree and our names were added to the list of volunteers. On Nov. 13 we met with a small group of volunteers at the Sasebo keirin (bicycle race track) parking lot where members of the Red Brick Society showed us how to chisel off the old mortar from the bricks.

A few folks showed up to help that Saturday, and we later discovered no one had signed up for the next day, so it made us feel good to know that at least two people representing the base community showed up to assist the Red Brick Society. By the end of the afternoon our little group had cleaned up approximately 200 bricks.

Thanks to the kind efforts of the base public affairs office, a small intact section of brick wall was donated by the JMSDF via the Red Brick Society for display. This piece is an excellent example of how the red bricks were laid to form the walls of the warehouse and also retains the original mortar between the bricks. Please take a look the next time you visit the Community & Education Center.

Dave and I were each allowed to take a brick home for ourselves. The other participants received a booklet published by the Red Brick Society featuring photos of brick structures located throughout the Sasebo area. However, we were each given a special booklet that highlights some of the historical sites around Sasebo that should provide me with plenty of material for future articles. Stay tuned!





## Children coping with Strike up the band! relocation have needs

#### **Beth Martin**

Sasebo Elementary correspondent

With holidays and semester breaks approaching, the E. J. King student body is preparing for a number of family transfers. In addition to the stress and headaches that go along with receiving new orders, packing out, and relocating, your school-aged children feel the stress of leaving friends and the anxiety of starting at a new school. The process of withdrawing, registering, transferring class credits and getting a student headed in the right direction after relocating is called "transitioning."

Department of Defense Dependents Schools (DoDDS) Pacific is constantly taking the necessary steps to meet the unique needs of transitioning school-age students. In a partnership with The Military Child Education Coalition (MCEC), DoDDS school counselors and administrators are trained on issues including understanding military life and transition, school transition programs, life of the military child, deployment and separation, resources and support systems, military culture, and postsecondary planning, and ways to make transitioning easier. Additionally, three years ago, Department of Defense Education Activity (DoDEA) collaborated with MCEC to create 'Chart Your Course:

Planning a Successful Journey through High School and Beyond,' a packet of materials for parents with students in grades seven through 11 that provides tips for moving smoothly from middle school through graduation. Included in the packet are a variety of recommendations and guidelines for sound transition

DoDDS is aware of the challenges that face the military child in transition between schools, and parents should not underestimate the impact that a transition has on their children. DoDEA is working to address the education challenges specific to DoDDS students, but ensuring the well-being and educational success of a child must be a joint effort. If you would like more information about transitioning, or any issues that military dependent children face, please visit the **MCEC** website

<www.militarychild.org>. This website offers information about schools, military support programs, and what parents can do on their own to make transitioning easier on their children.

If you would like to speak to E. J. King's counselors regarding an upcoming relocation, please feel free to call the Student Affairs office at 252-3072. Ms. Steele or Mr. Victoria will be happy to answer any of your questions or concerns.



Soldiers of the Japanese Maritime Self Defense Forces (JMSDF) Band perform during the opening ceremony of an annual Police Safety parade held in Sasebo's Matsuura Information Plaza Dec. 1. (Official U.S. Navy Photograph by: PH3 Ian W. Anderson)

## Single Sailor Party Dec. 23

The Sasebo Wardroom Association, Navy League Sasebo Council, the Officer's Spouse Club, USO and MWR are sponsoring a single/unaccompanied Sailor Party!

When - Thursday, Dec. 23, 6 p.m. -

Where - Spare Time Bowling Alley

#### What -

o Free bowling shoe rental and open free bowling

o All arcade type game machines will be set on Free Play (with exception of the slots!)

o Pool tables will be available for no charge

o The video jukebox will be on free play o MWR prepared foods will all be free

o Sodas all free

o Great door prizes o Other events and activities which a Single Sailor staffed Party Committee will put together to better match the

o At the pavilion outside the bowling alley there will be an array of potluck foods, to include turkey, prepared by giving members of our Sasebo community

sensibilities of our Single Sailors

See you at the party!





## Symbol of generosity...



The Christmas tree in the foyer of Sasebo Elementary School is no ordinary tree. First grader Alyssa Alley adds another pair of mittens to the hats, mittens and gloves already given by students and staff. The tree stands as one measure of the generosity shown by the school. Last year, the tree was decorated with 55 pairs of mittens, which were later sent to a children's home. This year the school is hoping to collect even more mittens or gloves, which will be sent to Kobo Cottage in Hayama. If you would like to donate a new pair of mittens or gloves please send them with your student or call 252-3600 for more information. (Released by CFAS Public Affairs)



## CLASSIFIEDS

#### **VEHICLES**

(Exp. Dec. 25) **1987 Toyota Crown**, JCI '05, \$500, OBO. Call 090.9324.8854, or ext. 3088

(Exp. Dec. 18) **1992 Honda Vigor**, JCI '05, \$1,800. Call 252-8575

(Exp. Dec. 18) **1992 Rover Mini Cooper**, JCI '05, \$2,500 Call 252-8125

(Exp. Dec. 18) **1999 Nissan Duet**, JCI '05. 4-door automatic. Power steering, power windows. \$4,700. Call 252-3059 or 252-

#### **MiscellaneouS**

(Exp. Dec. 25) Boat for sale. 22-ft. Yamaha cuddy cabin boat, 185hp Yamaha main engine, 1 8.5 gal. gas tank, 1 5 gal. gas tank and 1 3 gal. gas tank. Dock fee paid until July '05. 3 anchors, lots of rope. Bottom cleaned and painted Aug. '04. Serious inquiries only. 090-2923-8931.

(Exp. Dec. 25) Black silk dining set. Glass top table, 6 chairs and 2 piece hutch. 2 matching planters w/ Mother of Pearl. Black halogen upright lamp. All \$500, OBO. Call 252-8409 or 252-8952.

(Exp. Dec. 25) Yokohama Advan. tires, \$600. Greddy boost Gauge, \$150. BNR32 GTR front rotors, \$70. Exhaust temperature gauge, \$50. Ohlin Gauges, \$150. Call 080-5253-6240. 1992 BNR32 GT-R fully restored. Excellent running condition. RB26 with HKS TT and HKS High Cams (all flawless) boosting 1.4 at 600 hp very fast, HKS Triple Clutch, new paint, just rust proofed, URAS stainless exhaust, R&G Slit Rotors, brakes, Sony CD/MD player, plus more, All for \$19,500. Can be viewed at Bldg. 151. Call 080-5253-6240.

(Exp. Dec. 25) Phone rights for sale, \$275. Call 252-7416

(Exp. Dec. 25) Triple dresser, nine drawer w/large mirror, \$175. JVC super-vhs VCR with 6 head hi-fi stereo capability, \$50. Boys size 3, good used clothing, over 40 items, \$20 for the lot. Call 252-7186.

(Exp. Dec. 18) Entertainment Center, holds 32 inch TV, \$50. Shelf, solid wood, \$25. Twin size w/mattress, \$50. Baby high chair, \$30. Call 252-8269

(Exp. Dec. 18) Phone rights for sale, \$175. Call 0956-48-3453.

(Exp. Dec. 18) Phone rights for sale, \$250. Call 090-9324-8854 or Ext. 3088.

(Exp. Dec. 11) Free to good home: 2-year-old black lab mix, great with kids, very mild mannered. All shots up to date, clean bill of health as of Nov. 8. Comes with large carrier and a few other items. Call 252-8278.

(Exp. Dec. 11) Large oak wall entertainment center, holds TV up to 40 inches. Good condition. PCSing soon, need to sell. \$100, OBO.

(Exp. Dec. 11) Two portable electric heaters, good for the bathroom or any small room, \$25 for both. Call 252-7404.

(Exp. Dec. 11) Double stroller, \$40. Call 252-8498.

#### IMPORTANT INFORMATION

Home-based businesses require CFAS approval, and WON'T be advertised in the Sasebo Soundings without it. Applications for Command approval are available through the SJA office, Bldg 80 or call 252-2103 FMI.

English lessons offered. Can give in my home or yours. Very flexible. Call 080-34326967.

.New English instructor in Sasebo. Possesses Bachelor's Degree in Communications. Scheduling classes now for all age groups. Availability is limited, so call now. Hario. 080-3223-9162 or 252-8555

Pampered Chef Consultant. Hello. My name is Florence Franks and I am a consultant in your area. BOOK YOUR SHOW TODAY and receive a gift for hosting your show, 10% discount card good for one year, bonus points for FREE Products & more... New Spring/Summer Catalog available. New Products. Call me anytime @ 080 52017164 or ext.7302.

Several locals interested in meeting learning partners; you share a little English and in turn, they'll teach you Japanese.No monies exchanged. <maori@post.cc.sasebo.ac.jp> or 31-2863.

Experienced in teaching children and adults, will provide private English lessons to single students or groups. Morning and weekend classes available. Call Gina at 252-7264 or 090 4221 9211.

Want to learn conversational English? I offer lessons in my home for individuals, groups, children or adults. Day or early evening lessons times available. Main base.Please call 252-7186 or 080 5050 6010.

American Cooking Class. Practice your English and learn to cook traditional American foods at the same time! Day and evening classes are available. Call Nina at 080 5211 0174.

Experienced Math Tutor. Does your child need some additional help learning math? Can tutor all levels (from elementary to high school). For adults, college algebra tutoring is also available. Individuals or groups are welcome. Please contact Nina via email <a href="mailto:rinasilverman@hotmail.com">rinasilverman@hotmail.com</a> or call 080 5211 0174 to set up a lesson.

Exerienced in teaching English to non-native speakers. Will work with individual or group. Flexible hours. Call me at 252-8169.

Stars and Stripes delivers to your on base post office box. As a

#### Home BusinesS

service to Stripes readers, the Sunday edition of Stars and Stripes is offered seven days a week. Look for the specially designated vending machines at the following locations: Bayside Food Court, Main Base Post Office, McDonald's and the Hario Home Store. FMI, we are located in Bldg PW-47, first floor, across the hall from the Navy Legal Services Office (NLSO), or call us at 252-3890.

Pacific Pixels Studio has gone digital! \$75 includes a photo session of up to 150 pictures, a CD of all photos taken and 1, 8x10 portrait. From casual and glamour to kimono. Film photo sessions start at \$35 for 24 pictures. Call for an appointment for a professional and personable experience at an affordable price. 252-7158 or 090 4515 7655 or e-mail <shirteepix@yahoo.com>.

Child Find is a DoD program which actively seeks to locate and identify children through the age of 21, who may need developmental or education or related services. If you think your child has a disability, call 252-3600 (EJ King School), or 252-8800 (JN Darby School).

English Language Instructor-Call for lessons at 25-6563.

Language Instructor-Japanese or English, private and group rates. Children and adult classes at your convenience. FMI call 34 7957.

Are you concerned about your child's growth, health, motor skills or development? Early Intervention Services offers services to children from birth to age 3 and their families. These services may include help with communication problems, behavioral concerns, motor skills, delayed growth & development etc. FMI, call EDIS at 252-3888.

Today's Memories by DeMauro. From portraits to parties. We cover it all, we're MD Photography. Give us a call. 252-8147. Check us out on the web at<a href="https://www.mdphotography.net">www.mdphotography.net</a>>

Learn conversational English in Hario or at your home. Lessons for children, adults, individuals and groups. Call 252-8300 or 090 9604 3996.

Piano Instructor, four year degree in Music, four years experience. Children and adults welcome. Flexible schedule. Call Kristina at 252-8310 or 080 3223 8943.

Photography by Ferna is dedicated to offering a unique look to your next portrait. Call us at 090 5731 5744 or visit us at <a href="https://www.photographybyferna.com">www.photographybyferna.com</a>

Looking for high schooler to help tutor on math & English skills for three children in the third and fourth grade level. Will discuss payment for 1-1.5 hours sessions on Thursday evenings at 4:30. Please contact Mrs. G @ 252-8454.

P.A.W.S. pet rescue organization. If anyone desires a pet, please call Sandra Hornbeek at 090-5024-7139 or Itura Weber at 252-7322. Foster Families for pets waiting for a new family are needed. Donations of pet food, litter and money are always appreciated and may be left at Paws and Claws with Sandra.

INTERESTED IN TAX?

• WOULD YOU LIKE TO VOLUNTEER?

ANY SPARE TIME?

Volunteer Income Tax Assistance (VITA)
Training

25-28 January 2005

Sign-up at Naval Legal Service Office at 252-3347



Sasebo Soundings
If you want to place an ad,
e-mail
<soundings@sasebo.navy.mil>
or call 252-3485/3409

Deadline for submissions is Tuesday at Noon



#### **DoDEA** wants to hear from you

The 2004 Department of Defense Education Activity (DoDEA) Customer Satisfaction Survey is open to all DoDEA students in grades 4-12, their parents/ sponsors and DoDEA teachers. The survey is completely anonymous and can be completed online by logging onto the DoDEA website at <www.DoDEA.edu> and clicking on the 'Customer Satisfaction Survey' link. Any eligible party who does not have access to the online survey may complete a print version of the survey available to them at any DoDEA school. The survey is scheduled to remain online until Feb. 28, 2005. The findings of the survey, which will be published in Spring 2005, will be given consideration in all future efforts to improve upon educational experience that DoDDS and DDESS schools provide.

#### Get in Shape, Stay in Shape

You can start taking off those extra pounds and get in shape by participating in one or more of the free group exercise classes offered weekly at the Spare Time Recreation Center Aerobics Room. Turbo Kickboxing is offered there every Monday and Wednesday at 5:30 a.m., while Total Body Conditioning exercise classes are

offered every Tuesday and Thursday at 8:30 a.m. You can join in the Multi-Step group exercise class on Wednesdays at 8:30 a.m. Core Strength and Conditioning exercise classes are held every Wednesday at 11:30 a.m. For more information, call 252-3588.

#### Theater Moolah Readily Available

Now you can purchase up to four different MWR Theater Moolah Gift Certificates at the Community Activities Office located at the Sailing & Outdoor Adventure Center. Moolah Gift Certificates are available for children, admission only (\$2); adults 12 years and above, admission only (\$3); a snack certificate good for a regular soda and popcorn (\$3.25); and a Combo Snack Pack gift certificate good for a soda, candy bar and popcorn (\$3). The Moolah Theater gift certificates, honored at both the Showboat and Hario Village theaters, make ideal holiday stocking stuffers or as gifts for loved ones throughout the year. They also make ideal gifts for coaches and teachers to distribute or they can be used as party gifts. Theater Moolah gift certificates are good for six months from date of purchase. For more information, call 252-3320.

#### Live Comedy at Galaxies

Comedians Scott White and Mike Merryfield are set to perform live on stage on Tuesday, Dec. 14. The free show is scheduled to begin at 8 p.m. Not recommended for children. Remember, the MWR Designated Driver Program is available for all interested individuals. Simply ask any bartender or a Galaxies employee for details about the program when you arrive. For more information, call 252-2980.

## Holiday Brunch at Harbor View Club

Reservations are strongly recommended for the special all-you-can-eat Holiday Brunch at the Harbor View Club on Saturday, Dec. 25 from 11 a.m. until 6 p.m. The sumptuous feast is only \$15.95 for adults and \$6.95 for children ages 4 – 10. The brunch is free for youngsters 3 and under. Santa Claus is scheduled to make an appearance, so be sure to bring your camera. For more information, call 252-3965.

#### Cine-Pass Privileges

A Showboat and Hario Village Theater Cine-Pass could be your ticket to happiness. A Cine-Pass gives the holder head of the line privileges for blockbuster movies, plus a total of eight movies for the price of seven. Cine-Passes are now on sale at the Showboat and Hario Village Theaters. For more information, call 252-3500.



Fleet Gym 252-3588

Hario Gym 252-8691



## Seasons beatings: Badgers batter Volunteers, 31-0

#### **JOSN Jeff Johnstone**

CFAS Public Affairs

The rout was on at Nimitz Park Wednesday night as the Badgers shut out the Volunteers, 31-0, in intramural youth flag football. The Badgers maintained an undefeated record with a rare mix of quality offense, as well as defense, a mix that would propel the Kansas City Chiefs to the Super Bowl if they possessed it at



Badgers' quarterback drops back to pass during the closing minutes of the Badgers' convincing victory Wednesday night. The Badgers unleased five touchdown passes during the game. (Official U.S. Navy Photo by JOSN Jeff Johnstone)

the professional level.

Jacob Holly led the Badgers' offensive juggernaut with three touchdown receptions, and the Badgers defense complimented their scoring machine by preventing the Volunteers from crossing midfield throughout the contest.

"No one's scored on us yet," said Michael Duncan, Badgers head coach. "We're offense and defense oriented. No one has scored on us, and we can put up a lot of points," he added.



"We scored 34 points in our last game," said Duncan. Friday night at Hario.

The Badgers hope to continue their winning ways Friday night at Hario.

### Reminder: Harlem Ambassadors visiting Sasebo Dec. 18

As mentioned in the Dec. 4 *Soundings*, the Harlem Ambassadors are coming to Sasebo Dec. 18, and will go head-to-head with the Sasebo Eagles, a squad of Fleet Activities Sasebo's (CFAS) finest players.

The Eagles will do their best against the Ambassadors, and are looking for victory.

The Ambassadors will hold a Youth Clinic for children 5-18 years of age in the Hario Village Fitness

Center on Saturday, Dec 18 from 9 a.m. - 11:30am. The team will then venture back to the Main Base Fleet Fitness Center to take on the Eagles at 6 p.m.

The gates will open at 5pm, and admission is free to all who attend. Seating will be first-come, first-serve, so plan accordingly.

All are encouraged to come out and support CFAS' top basketball players!

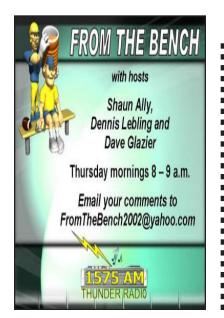
### Fitness Tip: Out with the old, in with the new

#### Alec Culpepper

Fitness & Aquatics Director

In 1992, the U. S. Department of Agriculture officially released the Food Guide Pyramid. Now the Department of Epidemiology and the Department of Nutrition have teamed up and have developed a new Healthy Eating Pyramid that reflects the latest research on optimal diet. The new pyramid encourages a move away from the "low-fat" mindset that has dominated nutritional advice over the past 15 years and instead focuses on types of fats and carbohydrates and emphasizes whole grains and fiber. Highlights include: Whole grain foods (such as brown rice and whole wheat bread), vegetable oils

(olive and canola) and fruits and vegetables are emphasized. Physical activity and weight control are emphasized. Red meat, butter, sweets and refined grains are de-emphasized and listed as items that should only be eaten sparingly. Protein sources are divided into categories emphasizing nuts and legumes, followed by fish, poultry and eggs. Dairy products are deemphasized. A daily multivitamin tablet is recommended for most people as insurance and not as a substitute for healthy eating. Why the change. Whole grains keep the body's sugar control system on track because they are digested much more slowly. They also provide more nutrients than refined grains and may offer protection against diabetes, heart disease and certain types of cancer.



## Winter Flag Football Standings (as of Dec. 7, 2004)

Rank	Team	Win	Loss	.PCT
1	Dragons	11	0	1.000
2	Hooligans	4	5	0.444
3	Seabees	3	5	0.375
4	Guardian	3	3	0.500
5	Fort Mac	2	6	0.250
6	Wolf Pack	2	3	0.400
7	Hitmen	1	4	0.200

## **Upcoming Sports**

#### "Long John's Golf Tournament"

Saturday, Dec. 11. First tee time will be at 7:30 a.m.

This brisk of a challenge will be held at Tsukumo Golf Course. Remember to wear your long johns and have a merry good time! Entries are due to the Fleet Fitness Center office by Tuesday, Dec. 7. A \$5.00 registration fee is required upon registration. Format is Singles Handicap (3 club plus a putter). Awards to the top golfer in each flight, along with long drive, close to pin and gorilla contests.

#### **Lifeguard Certification Training**

Begins Jan. 17

Open to Active duty and SOFA Personnel at least 15 years of age.

All candidates must be able to swim 500 meters. For more information, contact the Fleet Fitness Center at 252-3588

#### New Years Resolution 5K Run/3K Walk:

Saturday, Jan. 1

Race starts at 11:30 a.m., in front of the USO in Nimitz Park.

Awards will be given to the top finishers in each division (Youth, & Adult). Fun Run Events are open to runners and walkers of all ages. Pre-register at the Fleet Fitness Center or sign-up prior to event. For more information call the Fleet Fitness Center at 252-3588.